



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 01039, Cheese, roquefort

Report Date: June 22, 2017 10:54 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 package (3 oz) 85g
<strong>Proximates</strong>						
Water	g	39.38	15	0.703	11.16	33.47
Energy	kcal	369	--	--	105	314
Energy	kJ	1544	--	--	438	1312
Protein	g	21.54	3	0.281	6.11	18.31
Total lipid (fat)	g	30.64	8	0.926	8.69	26.04
Ash	g	6.44	4	0.190	1.83	5.47
Carbohydrate, by difference	g	2.00	--	--	0.57	1.70
Fiber, total dietary	g	0.0	--	--	0.0	0.0
<strong>Minerals</strong>						
Calcium, Ca	mg	662	12	34.969	188	563
Iron, Fe	mg	0.56	4	0.197	0.16	0.48
Magnesium, Mg	mg	30	4	1.885	9	26
Phosphorus, P	mg	392	11	17.766	111	333
Potassium, K	mg	91	3	10.115	26	77
Sodium, Na	mg	1809	4	157.400	513	1538
Zinc, Zn	mg	2.08	4	0.122	0.59	1.77
Copper, Cu	mg	0.034	--	--	0.010	0.029
Manganese, Mn	mg	0.030	--	--	0.009	0.025
Selenium, Se	µg	14.5	--	--	4.1	12.3
<strong>Vitamins</strong>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.040	2	--	0.011	0.034

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 package (3 oz) 85g
Riboflavin	mg	0.586	8	0.071	0.166	0.498
Niacin	mg	0.734	15	0.078	0.208	0.624
Pantothenic acid	mg	1.731	18	0.183	0.491	1.471
Vitamin B-6	mg	0.124	26	0.010	0.035	0.105
Folate, total	µg	49	24	7.757	14	42
Folic acid	µg	0	--	--	0	0
Folate, food	µg	49	24	7.757	14	42
Folate, DFE	µg	49	--	--	14	42
Vitamin B-12	µg	0.64	9	0.056	0.18	0.54
Vitamin A, RAE	µg	294	--	--	83	250
Retinol	µg	290	--	--	82	246
Vitamin A, IU	IU	1047	1	--	297	890
<b>Lipids</b>						
Fatty acids, total saturated	g	19.263	--	--	5.461	16.374
4:0	g	0.877	1	--	0.249	0.745
6:0	g	0.660	1	--	0.187	0.561
8:0	g	0.674	1	--	0.191	0.573
10:0	g	2.163	1	--	0.613	1.839
12:0	g	1.295	1	--	0.367	1.101
14:0	g	3.250	1	--	0.921	2.763
16:0	g	6.570	1	--	1.863	5.585
18:0	g	3.141	1	--	0.890	2.670
Fatty acids, total monounsaturated	g	8.474	--	--	2.402	7.203
16:1 undifferentiated	g	0.730	1	--	0.207	0.620
18:1 undifferentiated	g	7.456	1	--	2.114	6.338
Fatty acids, total polyunsaturated	g	1.320	--	--	0.374	1.122
18:2 undifferentiated	g	0.616	1	--	0.175	0.524
18:3 undifferentiated	g	0.704	1	--	0.200	0.598
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
Cholesterol	mg	90	1	--	26	76
<b>Amino Acids</b>						
Tryptophan	g	0.303	--	--	0.086	0.258
Threonine	g	0.965	--	--	0.274	0.820

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 package (3 oz) 85g
Isoleucine	g	1.217	--	--	0.345	1.034
Leucine	g	2.114	--	--	0.599	1.797
Lysine	g	1.848	--	--	0.524	1.571
Methionine	g	0.558	--	--	0.158	0.474
Cystine	g	0.126	--	--	0.036	0.107
Phenylalanine	g	1.023	--	--	0.290	0.870
Tyrosine	g	1.012	--	--	0.287	0.860
Valine	g	1.614	--	--	0.458	1.372
Arginine	g	0.713	--	--	0.202	0.606
Histidine	g	0.602	--	--	0.171	0.512
Alanine	g	0.969	--	--	0.275	0.824
Aspartic acid	g	1.181	--	--	0.335	1.004
Glutamic acid	g	3.670	--	--	1.040	3.119
Glycine	g	0.148	--	--	0.042	0.126
Proline	g	2.089	--	--	0.592	1.776
Serine	g	1.772	--	--	0.502	1.506
<b>Other</b>						